

Herb Broiled Beef

Rating: ★★★★★

Makes: 4 servings

Ingredients

1/4 cup onion (chopped)
2 tablespoons parsley
2 tablespoons white vinegar
3 teaspoons prepared mustard
1/4 teaspoon garlic powder
1/4 teaspoon basil, dried (or thyme), optional (analyzed using basil)
1 pound boneless beef chuck shoulder steak, cut 1-inch thick

Directions

1. Mix onion, parsley, vinegar, mustard, garlic powder and basil or thyme.
2. Place meat in plastic bag and pour in marinade.
3. Close bag securely, place in a bowl and marinate in refrigerator six to eight hours or overnight, turning at least once.
4. Pour off marinade and discard. Place meat on rack in broiler.
5. Broil 15 to 20 minutes or until desired doneness, turning once.
6. Cut into thin slices to serve.

Missouri Nutrition Network, Eat for Health Toolkit

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	330	
Total Fat	21 g	32%
Protein	31 g	
Carbohydrates	2 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	8 g	40%
Sodium	65 mg	3%